

## **ABSTRACT OF THE DISCLOSURE**

A headrest is provided which has a base pillow and a head pillow. Both the base pillow and head pillow are made of open cell foam blocks with the head pillow comprising a relatively stiff bottom block and relatively flexible top block. The blocks are permanently enclosed in an inner cover made of cotton, over which are removable outer cover are made of satin is disposed. The outer cover is readily removable for washing. The head pillow supports the head above the base pillow while the person using the headrest is reclined. The elevation of the head pillow keeps a person's hair from being pressed against the pillow so as to avoid damaging styled hair.